

Irving Recreation Center

Summer Day Camp

Grades 5-7



Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwaves are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

Contact Us

402-441-7954

This Week's Highlights

Monday, July 29, 2013

Monday we will go to Irvingdale Pool for some fun in the sun. Make sure that campers have sunscreen, swimsuits, and towels. We'll be down at the pool from 11:30 a.m. to 1:00 p.m. Lunch will take place from 1:00 p.m. to 1:45 p.m. following swimming. This afternoon we will have Cooking Club and make a great new healthy snack with Logan.

Tuesday, July 30, 2013

Tuesday we will learn a little bit about our home, Lincoln, Nebraska, when we visit the State Capitol. I understand that this is a field trip many campers have been on before so we're going to make it a little more interesting by doing a self-guided tour with a scavenger hunt. The field trip will go from 12:15 p.m. to 1:45 p.m. We will have lunch prior to the outing. This afternoon we'll be post-testing for our fitness rotations. While most of the campers are at the Capitol, some will be competing in a tennis tournament at Woods Tennis Center. They will be picked up from Irving around 9:30 a.m. and will return around 3:00 p.m.

Wednesday, July 31, 2013

Wednesday is our tennis and yoga day! Everyone will participate in yoga and those who signed up will have tennis lessons. From 10:30 a.m. to 11:15 a.m. one group will practice yoga while the other does an active game. The second group will complete yoga from 11:15 a.m. to 12:00 p.m. Tennis players will go down to the courts from 11:15 a.m. to 12:00 p.m. We will have lunch from 12:00 p.m. to 12:45 p.m. following tennis and yoga. This afternoon we will finish our fitness rotations post testing and play an active game.

Thursday, August 1, 2013

Thursday will be our second tennis and yoga day. Everyone will participate in yoga and those who signed up will have tennis lessons. From 10:30 - 11:15 one group will practice yoga while the other does an active game. The second group will complete yoga from 11:15 - 12:00. Tennis players will go down to the courts from 11:15 - 12:00. Thursday also marks the last day Cooking Club will be meeting with Logan to make delicious, nutritious treats. We wish Logan good luck as he leaves us for an exciting new adventure with the Peace Corps!

Friday, August 2, 2013

Friday is our second swimming day at Irvingdale Pool. We will be at the pool from 11:30 a.m. to 1:00 p.m. Additionally, we will have a water day for all 5-7 campers. Make sure you bring swimsuits, towels, and sunscreen. During the morning we will walk to the library starting at 9:45 a.m. and return from the library around 11:00 a.m.

Day Camp Family Yoga in the Park – Aug. 3

We had a great turnout for our first family yoga event this summer. We hope you will consider joining us Saturday, August 3 from 9:15-10:00 a.m. Mallory, our yoga instructor, will guide us through kid-friendly yoga for the first half hour with refreshments served at 9:45. This is a wonderful opportunity to spend some healthy time with your family and start your weekend off right! Please RSVP at the front counter by Thursday, August 1.